

**324. An adjustable spring mechanism comprising:**

**a first lockable telescoping spring mechanism, wherein said first lockable telescoping spring mechanism includes a resilient spring material;**

**a movable actuation button wherein said actuation button is selectively movable from a first locked position to a second unlocked position; wherein moving said actuation button unlocks said first lockable telescoping spring mechanism and actuates said first lockable telescoping spring mechanism allowing said resilient spring material to be compressed; and wherein upon actuation said resilient spring material, if compressed, will resiliently expand unless a sufficient compressive force is applied to said first lockable telescoping spring mechanism;**

**and wherein said first lockable telescoping spring mechanism comprises an actuation mechanism for engaging and moving said actuation button of said first lockable telescoping spring mechanism to said second unlocked position; wherein said actuation mechanism comprises;**

**a first fulcrum bearing surface; a second fulcrum bearing surface; said actuation button disposed ~~opposite~~ said first and said second fulcrum bearing surfaces;**

**and a first actuation lever; said first actuation lever including a second section; wherein said second section extends from said first fulcrum bearing surface to said second fulcrum bearing surface, and; wherein said second section of said first actuation lever is disposed ~~opposite~~ said actuation button, and opposite said first and said second fulcrum bearing surfaces; wherein said first actuation lever can bear against at least a first bearing surface and said actuation button;**

**wherein said first actuation lever can move; wherein movement of said first actuation lever can move at least a portion of said first actuation lever away from said**

first and said second fulcrum bearing surfaces; wherein moving said first actuation lever results in depressing said actuation button and actuating said first lockable telescoping spring mechanism; and wherein said first actuation lever can **rotate**;

**325.** The adjustable spring mechanism of claim 324, wherein said first actuation lever can be **spatially** displaced away from said first fulcrum bearing surface resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism; and wherein said first actuation lever can be **spatially** displaced away from said second fulcrum bearing surface resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism; and wherein the **entirety** of said first actuation lever can be **spatially** displaced away from said first and said second fulcrum bearing surfaces resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism;

and wherein said first actuation lever can be **moved away** from said first and said second fulcrum bearing surfaces; wherein **pivoting** said first actuation lever **moves** said first actuation lever away from said first and said second fulcrum bearing surfaces resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism.

**326.** The adjustable spring mechanism of claim 324, wherein said **actuation button** is disposed **between** said first and said second fulcrum bearing surfaces; wherein said first actuation lever can be moved away from said first and said second fulcrum bearing surfaces; wherein **pivoting** said first actuation lever in **two directions** moves said first actuation lever away from said first and said second fulcrum bearing surfaces resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism.

**327.** The adjustable spring mechanism of claim 324; wherein said first lockable telescoping spring mechanism further comprises **at least a first longitudinal surface** disposed longitudinally parallel said first lockable telescoping spring mechanism; said longitudinal surfaces comprising an inside surface facing said actuation button, and an outside surface facing away from said actuation button; wherein said first actuation lever is disposed at least between said first longitudinal surface and said actuation button.

**328.** The adjustable spring mechanism of claim 327, wherein said first longitudinal surface includes **an opening** through which said first actuation lever extends; wherein said first actuation lever can **move** within said opening.

**329.** The adjustable spring mechanism of claim 328; wherein said opening of said **first longitudinal surface** comprises an **enlarged opening** through which said first actuation lever **extends**; and wherein said first actuation lever can **spatially move** within said enlarged opening; wherein said first actuation lever can be **spatially** displaced away from said **first fulcrum** bearing surface resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism; and wherein said first actuation lever can be spatially displaced away from said **second fulcrum** bearing

surface resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism;

and wherein the **entirety** of said first actuation lever be spatially displaced away from said first and said second fulcrum bearing surfaces resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism;

and wherein said first actuation lever can be **moved away** from said first and said second fulcrum bearing surfaces; wherein **pivoting** said first actuation in **two directions** moves said first actuation lever away from at least a first fulcrum bearing surface resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism.

**330.** The adjustable spring mechanism of claim 324, wherein said first actuation lever includes a **first handle section**; wherein said first fulcrum bearing surface is disposed between said first handle section and said **actuation button**.

**331.** The adjustable spring mechanism of claim 324, wherein said first actuation lever includes a **third handle section**; wherein said second fulcrum bearing surface is disposed between said third handle section and said **actuation button**.

**332.** The adjustable spring mechanism of claim 328, wherein said **opening** of said first longitudinal surface includes said **first fulcrum bearing surface** on which said first actuation lever can **move**; and wherein said first actuation lever can **rotate** on said **fulcrum bearing surface**.

**333.** The adjustable spring mechanism of claim 327; wherein said first lockable telescoping spring mechanism further comprises **at least a second longitudinal surface** disposed longitudinally parallel said first lockable telescoping spring mechanism, and generally opposite said first longitudinal surface; said second longitudinal surface comprising an inside surface facing said actuation button, and an outside surface facing away from said actuation button; wherein said first actuation lever is disposed **between** said **inside surface of said first longitudinal surface** and said **inside surface of said second longitudinal surface**.

**334.** The adjustable spring mechanism of claim 333, wherein said second longitudinal surface includes **an opening** through which said first actuation lever extends; said opening is disposed **diametrically opposite** said opening of said first longitudinal surface; and wherein said first actuation lever extends directly from said opening of said first longitudinal surface to said actuation button, and then extends further to said opening of said second longitudinal surface; wherein said first actuation lever is disposed specifically opposite said actuation button; wherein a portion of said first actuation lever comprises **at least a first cam lobe** disposed eccentric to the rotational axis of said first actuation lever; and wherein at least a first cam lobe is disposed specifically opposite said actuation button;

wherein said opening of said second longitudinal surface includes said **second bearing surface** on which said first actuation lever can rotate.

wherein rotating said first actuation lever moves a portion of said first actuation lever away from said first and said second bearing surfaces resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism.

335. The adjustable spring mechanism of claim 334, wherein at least a first cam lobe is formed by decreasing at least a first portion of the outside diameter of said first actuation lever.

336. The adjustable spring mechanism of claim 333; wherein said second longitudinal surface includes an **enlarged opening** through which said first actuation lever **extends**; and wherein said first actuation lever can **spatially move** within said enlarged opening of said second longitudinal surface; wherein said first actuation lever can be **spatially displaced** away from said **first fulcrum** bearing surface resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism; and wherein said first actuation lever can be spatially displaced away from said **second fulcrum** bearing surface resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism;

and wherein the **entirety** of said first actuation lever be spatially displaced away from said first and said second fulcrum bearing surfaces resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism;

and wherein said first actuation lever can be **moved away** from said first and said second fulcrum bearing surfaces; wherein **pivoting** said first actuation in **two directions** moves said first actuation lever away from at least a first fulcrum bearing surface resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism;

and wherein said first actuation lever can rotate.

337. The adjustable spring mechanism of claim 336, wherein said **enlarged opening** of said second longitudinal surface includes said **second fulcrum bearing surface**.

338. The adjustable spring mechanism of claim 324, wherein said **actuation mechanism** of said first lockable telescoping spring mechanism further includes a **second actuation lever disposed opposite said actuation button**; wherein said second actuation lever extends **generally orthogonal** from said first actuation lever;

wherein said second actuation lever can move; wherein movement of said second actuation lever can move **at least a portion** of at least a first actuation lever away from at least a first fulcrum bearing surface; wherein moving said second actuation lever results in depressing said actuation button and actuating said first lockable telescoping spring mechanism; and wherein said **second actuation lever can rotate**.

339. The adjustable spring mechanism of claim 338, wherein **rotating** said second actuation lever **can spatially displace** at least a first actuation lever away from a first fulcrum bearing surface resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism; and wherein **rotating** said second actuation lever in two directions, **can move** at least a first actuation lever away from at least a first

fulcrum bearing surface resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism;

and wherein **pivoting** said second actuation lever can **move** at least a first actuation lever away from at least a first fulcrum bearing surface resulting in depressing said actuation button and actuating said first lockable telescoping spring height adjustment lifting mechanism;

and wherein **pivoting** said second actuation lever can **spatially displace** at least a first actuation lever away from at least a first fulcrum bearing surface resulting in depressing said actuation button and actuating said first lockable telescoping spring height adjustment lifting mechanism.

**340.** The adjustable spring mechanism of claim 338, wherein said first lockable telescoping spring includes a **third longitudinal surface** disposed longitudinally parallel said first lockable telescoping spring mechanism, and generally orthogonal to said first and said second longitudinal surfaces; said third longitudinal surface comprising an inside surface facing said actuation button, and an outside surface facing away from said actuation button; wherein said **second actuation lever** is **disposed between said inside surface of said third longitudinal surface** and said first actuation lever.

**341.** The adjustable spring mechanism of claim 340, wherein said third longitudinal surface includes **an opening** through which said second actuation lever extends; wherein said second actuation lever can **move** within said opening; and wherein said second actuation lever can **rotate**.

**342.** The adjustable spring mechanism of claim 341; wherein said opening of said third longitudinal surface comprises an **enlarged opening** through which said second actuation lever **extends**; and wherein said second actuation lever can **spatially move** within said enlarged opening;

and wherein said second actuation lever can be **moved away** from at least a first fulcrum bearing surface; wherein **pivoting** said second actuation lever moves at least a first actuation lever away from at least a first fulcrum bearing surface resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism; and wherein **rotating** said **first actuation lever** can move at least a first actuation lever away from at least a first fulcrum bearing surface resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism.

**343.** The adjustable spring mechanism of claim 338, wherein said **actuation mechanism** of said first lockable telescoping spring mechanism further includes a **third fulcrum bearing surface**; and wherein said third fulcrum bearing surface is disposed **generally orthogonal** to said first and said second fulcrum bearing surfaces; wherein said second actuation lever includes a **second section**; wherein said second section extends from said first actuation lever **to said third fulcrum bearing surface**; wherein said second actuation lever is disposed **opposite** said actuation button and opposite said third fulcrum bearing surface; and wherein **at least a first actuation lever can directly contact** said **actuation button**;

wherein said second actuation lever can move; wherein movement of said second actuation lever **can move at least a portion** of said second actuation lever away from at least a first bearing surface; wherein moving said second actuation lever results in depressing said actuation button and actuating said first lockable telescoping spring mechanism; and wherein said second actuation lever can **rotate**.

**344.** The adjustable spring mechanism of claim 343, wherein said second actuation lever can be **spatially displaced** away from at least a **first fulcrum bearing surface resulting in** depressing said actuation button and actuating said first lockable telescoping spring mechanism; and wherein said second actuation lever can spatially displace at least a first actuation lever away from at least a first fulcrum bearing surface; resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism;

and wherein said second actuation lever can be **moved away** from at least a first fulcrum bearing surface; wherein **pivoting** said second actuation lever away from at least a first fulcrum bearing surface can spatially displace at least a first actuation lever away from at least a first fulcrum bearing surface, resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism.

**345.** The adjustable spring mechanism of claim 343, wherein said second actuation lever includes a **first handle section**; wherein said third fulcrum bearing surface is disposed between said first handle section and said **second section** of said second actuation lever.

**346.** The adjustable spring mechanism of claim 341, wherein said **opening** of said third longitudinal surface includes said third **fulcrum bearing surface** on which said second actuation lever can **pivot**; wherein pivoting said second actuation lever moves at least a first actuation lever away from at least a first fulcrum bearing surface resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism; and wherein said second actuation lever can **rotate** on said third fulcrum bearing surface.

**347.** The adjustable spring mechanism of claim 343, wherein said second actuation lever can be spatially displaced away from said **third fulcrum bearing surface**; wherein **rotating** said second actuation lever in **two directions**, spatially displaces at least a first actuation lever away from at least a first fulcrum bearing surface resulting in depressing said actuation button and actuating said first lockable telescoping spring height adjustment lifting mechanism; and wherein **pivoting** said second actuation lever in **two directions**, spatially displaces at least a first actuation lever away from at least a first fulcrum bearing surface resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism.

**348.** The adjustable spring mechanism of claim 340, wherein said first lockable telescoping spring includes a **fourth longitudinal surface** disposed longitudinally parallel said first lockable telescoping spring mechanism, and generally orthogonal to said first and said second longitudinal surfaces; said fourth longitudinal surface comprising an inside surface facing said actuation button, and an outside surface facing away from said actuation button; wherein said **second actuation lever** is disposed

between said inside surface of said **third** longitudinal surface and said inside surface of said **fourth** longitudinal surface.

**349.** The adjustable spring mechanism of claim 343, wherein said **actuation mechanism** of said first lockable telescoping spring mechanism includes a **fourth fulcrum bearing surface**; wherein said fourth fulcrum bearing surface is disposed generally orthogonal to said first and said second fulcrum bearing surfaces; wherein said second section of said second actuation lever extends from said third fulcrum bearing surface to said fourth fulcrum bearing surface; wherein said actuation button is disposed opposite said third and said fourth fulcrum bearing surfaces; and wherein said second section of said second actuation lever is disposed **opposite** said actuation button;

wherein said second actuation lever can move; wherein movement of said second actuation lever **can move at least a portion** of said second actuation lever away from said third and said fourth fulcrum bearing surfaces; wherein moving said first actuation lever results in depressing said actuation button and actuating said first lockable telescoping spring mechanism; and wherein said first actuation lever can **rotate**;

**350.** The adjustable spring mechanism of claim 349, wherein said second actuation lever can be **spatially displaced** away from said **third** fulcrum bearing surface resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism; and wherein said first actuation lever can be **spatially displaced** away from said **fourth** fulcrum bearing surface resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism; and wherein the **entirety** of said second actuation lever can be **spatially displaced** away from said third and said fourth fulcrum bearing surfaces resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism;

and wherein said second actuation lever can be **moved away** from said third and said fourth fulcrum bearing surfaces; wherein **pivotting** said second actuation lever **moves** said first actuation lever away from said third and said fourth fulcrum bearing surfaces resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism.

**351.** The adjustable spring mechanism of claim 349, wherein said **actuation button** is disposed **between** said third and said fourth fulcrum bearing surfaces; wherein said second actuation lever can be moved away from said third and said fourth fulcrum bearing surfaces; wherein **pivotting** said second actuation lever in **two directions** moves said second actuation lever away from said third and said fourth fulcrum bearing surfaces resulting in **depressing** said actuation button and actuating said first lockable telescoping spring mechanism.

**352.** The adjustable spring mechanism of claim 348, wherein said fourth longitudinal surface includes **an opening** through which said second actuation lever extends; said opening is disposed **diametrically opposite** said opening of said third longitudinal surface; and wherein said second actuation lever extends directly from said opening of said third longitudinal surface to said first actuation lever, and then extends further to said opening of said fourth longitudinal surface; wherein a portion of said second actuation

lever comprises at least a first **cam lobe** disposed eccentric to the rotational axis of said second actuation lever; and wherein at least a first cam lobe is disposed specifically opposite said first actuation lever;

wherein said opening of said fourth longitudinal surface includes **a fourth bearing surface** on which said second actuation lever can rotate.

wherein rotating said second actuation lever moves a portion of said second actuation lever away from said third and said fourth fulcrum bearing surfaces resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism.

**353.** The adjustable spring mechanism of claim 352, wherein at least a first cam lobe of said second actuation lever is formed by decreasing at least a first portion of the outside diameter of said second actuation lever.

**354.** The adjustable spring mechanism of claim 348; wherein said **fourth longitudinal surface** includes an **enlarged opening** through which said second actuation lever **extends**; and wherein said second actuation lever can **spatially move** within said enlarged opening of said fourth longitudinal surface; wherein said second actuation lever can be **spatially displaced** away from said **fourth fulcrum** bearing surface resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism; and wherein said second actuation lever can be spatially displaced away from said **third fulcrum** bearing surface resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism;

and wherein the **entirety** of said second actuation lever be spatially displaced away from said third and said fourth fulcrum bearing surfaces resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism;

and wherein said second actuation lever can be **moved away** from said third and said fourth fulcrum bearing surfaces; wherein **pivotting** said second actuation in **two directions** moves said second actuation lever away from at least a first fulcrum bearing surface resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism; and wherein said first actuation lever can rotate.

**355.** The adjustable spring mechanism of claim 354, wherein said **enlarged opening** of said fourth longitudinal surface includes said **fourth fulcrum bearing surface**.

**356.** The adjustable spring mechanism of claim 349, wherein said second actuation lever includes a **third handle section**; wherein said fourth fulcrum bearing surface is disposed between said **third handle section** and said second section of said second actuation lever.

**357. The adjustable spring mechanism** of claim 324, wherein **said first actuation lever** comprises at least a **first cam lobe**, wherein said cam lobes are disposed eccentric to the rotational axis of said first actuation lever, opposite said first and said second bearing surfaces, and opposite said actuation button;

wherein at least a portion of said first actuation lever can be moved away from said first and said second bearing surfaces;

wherein rotating said first actuation lever causes a portion of said first actuation lever to be moved away from at least a first bearing surface causing a portion of said first actuation lever to engage and depress said actuation button resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism.

**358.** The adjustable spring mechanism of claim 338, wherein said **second actuation lever** is disposed at a **different elevation** than said first actuation lever.

**359.** The adjustable spring mechanism of claim 338, wherein said actuation mechanism of said first lockable telescoping spring mechanism includes **third** and a **fourth bearing surfaces**; wherein said actuation button is disposed opposite said third and said fourth bearing surfaces; wherein said **second actuation lever** includes a second section, wherein said **second section** extends from said third bearing surface to said fourth bearing surface and is disposed opposite said actuation button, and opposite said third and said fourth bearing surfaces; wherein said second section can bear upon said third and said fourth bearing surfaces;

wherein said **second actuation lever** comprises at least a **first cam lobe**, wherein said first cam lobe is disposed eccentric to the rotational axis of said second actuation lever, and wherein at least a first cam lobe is disposed opposite said third and said fourth bearing surfaces, and opposite said actuation button;

wherein at least a portion of said second actuation lever can be moved away from at least a first bearing surface;

wherein rotating said second actuation lever causes a **portion** of said second actuation lever to be moved away from at least a first bearing surface resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism.

**360.** The adjustable spring mechanism of claim 324, wherein said first lockable telescoping spring mechanism includes a cable; wherein said cable includes a first end and a second end; wherein said first end of said cable is attached to said first actuation lever of said first lockable telescoping spring mechanism; and wherein moving a second end of said cable results in moving at least a portion of said first actuation lever away from at least a first fulcrum bearing surface resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism

**361.** The adjustable spring mechanism of claim 338, wherein said first lockable telescoping spring mechanism includes a cable; wherein said cable includes a first end and a second end; wherein said first end of said cable is attached to said second actuation lever of said first lockable telescoping spring mechanism; and wherein moving a second end of said cable results in moving at least a portion of said second actuation lever away from at least a first fulcrum bearing surface resulting in depressing said actuation button and actuating said first lockable telescoping spring mechanism

**362.** The adjustable spring mechanism of claim 331, wherein said **actuation mechanism** of said first lockable telescoping spring mechanism includes a ring connecting said first

and said third handle sections of said first actuation lever and encircling said first lockable telescoping spring mechanism.

**363.** The adjustable spring mechanism of claim 345, wherein said **actuation mechanism** of said lockable telescoping spring mechanism includes a ring connecting said first and said third handle sections of said first and said second actuation levers and encircling said first lockable telescoping spring mechanism.

**364.** The adjustable spring mechanism of claim 356, wherein said **actuation mechanism** of said lockable telescoping spring mechanism includes a ring connecting said first and said third handle sections of said first and said second actuation levers and encircling said first lockable telescoping spring mechanism.

**365.** The adjustable spring mechanism of claim 324, wherein said first lockable telescoping spring mechanism comprises a first telescoping section, a second telescoping section, and wherein said resilient spring is disposed **within** said first lockable telescoping spring mechanism; wherein actuation of said first lockable telescoping spring mechanism allows relative movement between said first and said second telescoping sections.

**366.** The adjustable spring mechanism of claim 324, wherein said **first lockable** telescoping spring mechanism comprises a **locking gas spring** which comprises: a cylinder, a piston disposed within said cylinder and extending outwardly therefrom; a resilient spring material comprising pressurized gas disposed within said cylinder, a gas flow control valve including a gas flow control valve extension that extends outwardly from said locking gas spring; wherein said gas flow control valve extension comprises a movable actuation button extending outwardly from said locking gas spring.

**367.** The actuation mechanism of claim 365, wherein said first lockable telescoping spring mechanism additionally comprises a **stand tube**, wherein a first telescoping section of said first lockable telescoping spring mechanism does not move axially in relationship to said stand tube; and wherein said stand tube includes an opening on at least one end; wherein a second telescoping section can move axially within said opening of said stand tube.

**368.** The actuation mechanism of claim 365, wherein said first lockable telescoping spring mechanism **additionally** includes a first tube, said first tube disposed in a telescoping arrangement with said first lockable telescoping spring mechanism; wherein said first lockable telescoping spring mechanism is included within said first tube.

**369.** The actuation mechanism of claim 368, wherein said first lockable telescoping spring mechanism **additionally** includes a second tube, said second tube disposed in a telescoping arrangement with said first tube, wherein said first lockable telescoping spring mechanism is disposed within said first and said second tubes.

**370.** The actuation mechanism of claim 368, wherein said first tube comprises at least a **first said longitudinal surface**.

**371.** The actuation mechanism of claim 368, wherein said first tube further comprises a **telescoping spring mechanism support**, wherein said first lockable telescoping spring mechanism is attached to said telescoping spring mechanism support,

wherein said first lockable telescoping spring mechanism, when actuated, pushes against said telescoping spring mechanism support.

**372.** The actuation mechanism of claim 369, wherein said second tube comprises at least a **first said longitudinal surface**.

**373.** The actuation mechanism of claim 369, wherein said second tube includes a telescoping spring mechanism support, wherein said first lockable telescoping spring mechanism is attached to said telescoping spring mechanism support,

wherein said first lockable telescoping spring mechanism, when actuated, pushes against said telescoping spring mechanism support.

**374.** The actuation mechanism of claim 368, wherein said first tube further comprises a **component support**, wherein said component support is adapted for supporting a component; wherein said first tube is attached to said component support and extends axially therefrom.

**375.** The actuation mechanism of claim 369, wherein said second tube further comprises a **component support**, wherein said component support is adapted for supporting a component; wherein said first tube is attached to said component support and extends axially therefrom.

**376.** The actuation mechanism of claim 367, wherein said stand tube further includes a **component support**, wherein said component support is adapted for supporting a component; wherein said stand tube is attached to said component support, is supported by said component support, and extends axially therefrom.

**377.** The actuation mechanism of claim 374, wherein said **component support** includes at least a first fulcrum bearing surface.

**378.** The adjustable spring mechanism of claim 324, wherein said first lockable telescoping spring mechanism further comprises at least a first **component support**; wherein said first component support is adapted for supporting a component; and wherein a **component support** is disposed on at least one end of said first lockable telescoping spring mechanism.

**379.** The adjustable spring mechanism of claim 378, wherein a **component support** additionally supports at least a first actuation lever.

**380.** The adjustable spring mechanism of claim 378, wherein a **component support** additionally includes at least a first fulcrum bearing surface.

**381.** The adjustable spring mechanism of claim 378, wherein said first lockable telescoping spring mechanism includes a **first component support; and a second component support**; wherein said first component support is disposed at one end of said first lockable telescoping spring mechanism and **comprises a floor contacting base**; wherein said floor contacting base is adapted for supporting at least a first **lockable telescoping spring height adjustment lifting mechanism**; and wherein said **second component support** is disposed at the opposite end of said first lockable telescoping spring mechanism and **comprises a first furniture component support**; wherein said first furniture component support is adapted for supporting a furniture component; wherein at least said first lockable telescoping spring mechanism is longitudinally disposed vertically above said base, is supported by said base, and **comprises a first lockable telescoping spring height adjustment lifting mechanism**; and wherein said first lockable telescoping spring height adjustment lifting mechanism further **comprises a first height adjustable column**; wherein said first height adjustable column is longitudinally disposed vertically above said base, and is supported by said base; wherein said first lockable telescoping spring height adjustment lifting mechanism includes a resilient spring material;

wherein upon the actuation of said lockable telescoping spring height adjustment lifting mechanism, said resilient spring material may be compressed; and wherein upon actuation, said resilient spring material of said lockable telescoping spring height adjustment lifting mechanism, if compressed, will resiliently expand unless a sufficient compressive force is applied to said lockable telescoping spring height adjustment lifting mechanism;

wherein said actuation and resilient expansion of said compressed spring material of each of said lockable telescoping spring height adjustment lifting mechanisms results in applying an upward force to said **first furniture component support**, resulting in the rising of said first furniture component support relative to the floor;

wherein said adjustable spring mechanism comprises a **height adjustable pedestal**.

**382.** The adjustable spring mechanism of claim 381, wherein said first height adjustable column includes a **furniture component** disposed above at least a first furniture component support.

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The Office Action notes that to be responsive the applicant must include a selection of claims not to exceed 60. Applicant submits 59 new claims for consideration.

It is believed that the claims as submitted are now in condition for allowance and such action is respectfully requested.

Applicant invites the Examiner to call the undersigned if clarification is needed on any of this response, or if the Examiner believes a telephonic interview would expedite the prosecution of the subject application to completion.

Respectfully submitted,



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